



CW Caroline Brown

# WOMEN HISTORY MONTH

## Become the BEST "U"

### Self-Care Event & Tea Party

March 27, 2022

3:00-6:00pm



Tea Party



Singers



Becoming the Best "U"



Special Memorable Gift



Game



Preventive & Self-Care



Yoga & Nutrition

Gee...  
Sure wish  
I could go!



Tea

U  
CAN  
\*\*\*  
Just  
RSVP

Location:

Between FAYE & DAVEY ST.

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386

Sponsored by:



# BIRD HOUSE LIBRARY

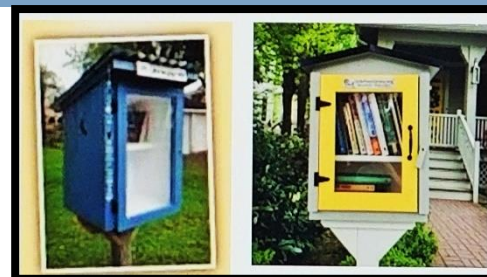
Press Release

Book Sharing

Generating Unity in the Community



CW Caroline Brown



- Former Councilmember Victor L. James, Sr. and his family, in efforts to undergird Literacy, are donating to the Town of Capitol Heights and its Citizens, *Bird House Free Sharing Library boxes, the Bird House Library ("BHL")*.
- BHL is a free book-sharing box where anyone may take a book or share a book. It functions on the Honor System. You do not have to share a book in order to take one. If you take a book (or 2) from the BHL, whenever you can, bring or share a book at that same library or another BHL in your area. Book sharing is another way to generate *Unity in the Community*.
- Book sharing is great but it's not mandatory. Literacy is essential. The library helps contribute to the strengthening of our closely knit community. Did you know that there 7 benefits of reading: It improves the functioning of the brain, increases vocabulary, improves theory of mind, increases knowledge, sharpens memory, strengthens writing skills and fosters concentration. *A Win Win!*
- Former Councilmember Victor James will be constructing and mounting these Community box libraries. The BHL's will be constructed one month apart (date TBD) until all 3-boxes have been mounted. The Town of Capitol Heights Education/TV Committee with Chair, CW Caroline Brown, will be assisting with the monitoring of content and literature that will be placed in the boxes.
- Locations of The Bird House Libraries shall be:
  - Box #1** - Old Central Avenue: TOCH Town Hall (at the entrance of the playground).
  - Box #2** - London Woods: Intersection of Denise Drive & Banister Way (near the Tennis Court).
  - Box #3** - Windsor Valley: Highview Place (near Basketball Court).
- Ribbon Cutting: TBA (possibly late March/early April—see Town website for updates).

Thank you, Town Council & The Town of Capitol Heights (TOCH)

Former CM Victor L. James, Sr.



RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



CW Caroline Brown

# WOMEN HISTORY MONTH

## SAVE THE DATES

### Women's History Month

### Salute our QUEENS



## SAVE THE DATE

### 3RD ANNUAL STANDING WITH BLACK WOMEN EVENT

### PART 1 CHALK FOR #BLACKGIRLMAGIC



HOSTED BY: PG CHANGE MAKERS COALITION  
**SUNDAY MARCH 20TH @ 4PM - 6PM**  
 IN THE LOT ACROSS FROM CAPITOL HEIGHTS  
 METRO STATION BETWEEN FAYE AND DAVEY ST

JOIN US AS WE CHALK MESSAGES OF JOY, LOVE  
 AND HOPE FOR OUR COMMUNITY AND  
 FELLOWSHIP WITH MUSIC, FREE FOOD AND  
 DOOR PRIZES.

## SAVE THE DATE

### 3RD ANNUAL STANDING WITH BLACK WOMEN EVENT

### PART 2 BECOME YOUR BEST "U" TEA PARTY



HOSTED BY: CITY OF CAPITOL HEIGHTS AND PG CHANGE MAKERS  
**SUNDAY MARCH 27TH @ 3PM - 6PM**  
 IN THE LOT ACROSS FROM CAPITOL HEIGHTS  
 METRO STATION BETWEEN FAYE AND DAVEY ST  
 RSVP @ [CAPITOLHEIGHTSMD.COM](http://CAPITOLHEIGHTSMD.COM)

Contact: Krystal 713-498-5179 / Jeanette 301-379-2491 Council Woman Brown 301-793-1386

Sponsored by:



RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



CW Caroline Brown

# FINAL SURVEYS

Community Working Together

**TELL US YOUR PREFERENCE (Due ASAP)**

**WE ARE LISTENING - We Need Your Input**



**Thank you, Town of Capitol Heights, for your *input* on the American Rescue Plan Funds.** It is much appreciated. Results are being tallied to submit to the Council. **FREE GIFTS** are given to the first 100 Residents that reply. **If you haven't replied, we appreciate your opinion so please reply today.** (Next Gift Day 4-3-22) Check the appropriate boxes below & email your results to: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or call 301-793-1386. Decisions will be made soon. Your voice is important and so please share your preference. (Check all boxes that apply) (some restrictions apply):

<input type="checkbox"/>	1. Funds for individual households distressed due to COVID (Stimulus payments or recovery funds for community households affected by the COVID pandemic).
<input type="checkbox"/>	2. RING doorbells for all household for community safety.
<input type="checkbox"/>	3. Art facility building for public use (which include production studio with stage for Artists, Singers, Dancers, Videography, Businesses, after School Teaching, etc. As well as a new Compost Garden.)
<input type="checkbox"/>	<input type="checkbox"/> a. Library
<input type="checkbox"/>	<input type="checkbox"/> b. Museum
<input type="checkbox"/>	<input type="checkbox"/> c. Business section (Full Set-up to Starting your own Business)
<input type="checkbox"/>	4. Recreation facility.
<input type="checkbox"/>	5. Old Central Avenue Beautification & Lighting.
<input type="checkbox"/>	6. Home Fixing Repairs, Senior Delivery Service, Community Disc. Black Card.
<input type="checkbox"/>	7. Track for Walking, Exercise or Jogging (create safety barriers around).
<input type="checkbox"/>	8. Dog Park (for Walking Dogs with Clean up section inside park).

## DON'T MISS EMERGENCY UPDATES

To keep you up-to-date, please email your current email/telephone/address to be included in our Town's *New* Data Base. You get first grabs at emergency news, classes, and other important Town information. **So Please..., REMEMBER TO UPDATE TODAY!**

<b>Name:</b>	
<b>Telephone:</b>	
<b>Email:</b>	
<b>Address:</b>	

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



# WOMEN HISTORY MONTH

## QUEEN'S



A special  
Thank You  
to WOMEN  
for all your  
hard work!

A Woman is **STRONG** A Woman is **SINCERE** A Woman is **UNIQUE**  
A Woman is **BRAVE** A Woman is **ABLE** A Woman is **SPECIAL**  
A Woman is **INTELLIGENT** LET HER **ROAR** A Woman is **AMAZING**



A Woman is **DETERMINED** A Woman is **MYSTERIOUS** A Woman is **EXCEPTIONAL**  
A Woman is **STRONG** A Woman just **IS!!!** A Woman is **NATURAL**  
**HARD WORKING** **SASSY** **BOSS** **ALWAYS RIGHT!!!**  
A Woman is **INQUISITIVE** A Woman is **FUNNY** A Woman is **INCREDIBLE**

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



# UPCOMING EVENTS

## Unity in the Community

### VOLUNTEERING RESIDENTS

### WE THANK YOU



## UPCOMING EVENTS

3rd Annual  
Standing  
With Black  
Women  
Event  
Part 1 & 2

Become the  
BEST "U"

Sharing  
Nutrition

Yoga Class

Preventive  
Medicine

Youth  
Development

Tea Party

Education/  
TV Annual  
Awards  
Ceremony

## WOMEN'S HISTORY MONTH

Help us celebrate in the *Town of Capitol Heights*, WOMEN'S HISTORY MONTH with *The First All Black Female Council*. Their MISSION, to help forge an equal gender world of opportunities by increasing *visibility* and calling out *inequality*. This concept, has already proven to be an infinite difference in the Town. Focusing on citizens first, has allowed an abundance of newly created programs, innovated ideas and community unity. Volunteer involvement is up and so is the motivation, dedication, enthusiasm and commitment in volunteer participation. *Let's keep up the good work!* ☺

**WE APPRECIATE YOUR VOLUNTEERISM.** This month, we celebrate Woman's History Month and your great achievements in moving the town forward with visibility and eminent change. **Congratulations to all Councilwomen & Residents in the Town of Capitol Heights!**

**Upcoming FREE events and FREE give-a-ways:**

Women's History Month	COVID Kits
Youth Development	Town Food Gift Cards
Food Drive	Women's History Gifts
COVID Testing	Survey Gifts
<b>Note: Gifts are given on a first-come, first-basis, while supplies</b>	

**Residents, please participate in the Town's new or existing Committees:**

EDUC/TV Historical Documentaries (existing)	Council Volunteering Groups (existing)
Ethics Commission Committee (new)	Town Volunteering Groups (new & existing)
Youth Educational Events (existing)	Educational/TV Committee (existing)

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



CW Caroline Brown

# CONTESTS

## Do you know your Politicians?

### Capitol Heights/PG County Mural



THE LOVE OF ALL MANKIND SHOULD REFLECT THESE SIGNS  
• LOVE • APPRECIATION • RESPECT AND PEACE

#### Artist Extravaganza

Help us share the excitement and desire of an Artist Extravaganza. We are embarking upon an Art project that will connect, support and link Prince George's artists collectively to improve our community, and propel Artistry to its rightful place in History.

Help us, Help Them! We are seeking volunteers, donations, grants, etc., to revitalize the remarkable significance of Art. Can you imagine phenomenal murals in MD? DC has them everywhere and it brings out the Life n Ur Soul.

Let's do that in Prince George's County. But... before we do, how many people can you name in this Mural? Did you name them all? Now, together let's find a beautiful home to display this Mural in the Town of Capitol Heights where everyone can come to visit.

Contact: Christine, Michael, Jean, Barb, CW Elaine or CW Brown at:  
301-793-1386 \* cbrown@capitolheightsmd.com



THE LOVE OF ALL MANKIND SHOULD REFLECT THESE SIGNS  
• LOVE • APPRECIATION • RESPECT AND PEACE

How many people can you identify in this Capitol Heights/PG County Mural? Do you know your Politicians? The first 5 (five) people that can get the most people correct, will win a special prize. Good Luck. To see a large photo of this Mural go to [www.capitolheightsmd.gov](http://www.capitolheightsmd.gov) and look under Education/TV Committee, CW Caroline Brown, Chair. *Hint... Hint... I'm in here too ☺ All contests end 4-1-22.*

1.	2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.	31.	32.

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



CW Caroline Brown

# Contests

## Do you know your Politicians?

### Capitol Heights Mural



In this famous Town of Capitol Heights/Juneteenth Mural, how many people can you identify? Do you know your Council? The first 5 (five) people that can get the most people correct, will win a special prize. Good Luck. To see a large photo of this Mural go to [www.capitolheightsmd.gov](http://www.capitolheightsmd.gov) and look under Education/TV Committee, CW Caroline Brown, Chair. *Hint... Hint... I'm in here too ☺ There are 6 known people and 2 coincidence look-a-likes. Can you find all 8 of them? Send in you guesses ASAP. You might know more than the next person.*

1.	2.	3.	4.	5.	6.	7.	8.
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#### Final Mural

We are planning on more Mural. This time, **WE WANT "U"**. Our Volunteers are important to us and to the longevity of the Town's success. If you, or you know of another resident, that have contributed to the Town's success through volunteering, coming to meetings, sharing a caring call with a Senior, Youth or another resident, or just simply enlightening another persons day by uplifting their spirits. **We're looking for "U"**. We appreciate you and want to offer you this opportunity to be included on the next Town Mural. Write a paragraph or two of who the person is and what they've done in the Town. Send it to [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com). We look forward to reading your summaries and the winner(s) will have the opportunity to appear on our local TV show. **Why? Because we care about you and appreciate you and our Town's Success.** Continue to help us make this Town, The BEST TOWN AROUND! Good Luck ☺



Do you know one? Reply today.

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



CW Caroline Brown

## UPCOMING *FREE* EVENTS Community Connections



### Community Unity Events

**April 3, 2022 - 11:00 am–1:00 pm**

**(off Chamber Ave. – lot between Faye & Davey Street)**



### Youth Development

**Motivating Youth to Achieve Higher GPAs or a GED**

This program is to motivate and support teens and youth in school that want to achieve a higher GPA or those that have dropped out of school that want to get their GED. *(Youth & Parents Welcome)*

*(Also, let us know if you want to join our Town televised TV Show interviewing Mrs. Denise, Organizer of Community Connections).*

### Community Art

- Learn to draw your own photo in Cartoon.
- Bring a photo with you to draw.

*(While supplies last–Presented by Artist Michael)*



### THE TOWN OF CAPITOL HEIGHTS EDUCATION/TV COMMITTEE

Need an updated photo or current Head/Body Shot, stop over at our PHOTO AREA and learn how to smile with your "EYES". 😊

*(All photos will be taken more than 6-feet away following social distance)*

For more information please contact Councilwoman Caroline Brown at 301-793-1386 or by email at [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com).

[www.capitolheightsmd.gov](http://www.capitolheightsmd.gov)



RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386

## Town of Capitol Heights & the Solid Foundation

### FREE GIVE-A-WAYS

**April 3, 2022**

**11:00 am–1:00 pm**

**(off Chamber Ave. – lot between Faye & Davey Street)**



CW Caroline Brown



### FOOD GIVE-A-WAY

**FREE Hot Meal**

The great team at *The Solid Foundation* is partnering with the Town of Capitol Heights inviting residents to receive a FREE Hot Meal.

**FREE MEAL  
Give-A-Way**



### Protecting the Community

- **FREE Home Test Kits**
- **FREE COVID Tests**
- **FREE Literature**

*(While supplies last–Presented by TOCH Council)*



### FREE TOCH GIFT Card

**From the Town of Capitol Heights**

*(While supplies last–Presented by TOCH Council, 1 per person)*

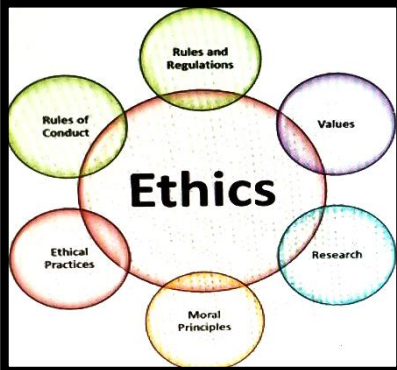


RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386



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**\*\* REMINDERS \*\***  
**Town Of Capitol Heights**  
**DID YOU KNOW???**



**ETHIC COMMISSION**

The Town of Capitol Heights is looking for an **Ethics Commission**. Check your mailbox for your application. If you have great moral values, care about your Town, value your citizens but frown upon inappropriate behavior, bullying, threats and unethical practices, you would be GREAT for the Ethics Commission. We have a Town of wonderful people and want to keep those excellent values. So, sign up today for the Ethics Commission. **(3-5 Residents - Stipend offered)**

**ELECTIONS**

**Elections are coming up in May. Are you running? Don't forget to Vote.**

**If you have any questions, don't hesitate to call me (301) 793-1386.**

As always, I'm here for you. CW Brown 😊



**Community Health & Environment Committee (CHEC)**

**Composting.**

Composting is the natural process of recycling organic matter. It is a form of waste disposal where organic waste decomposes naturally under oxygen-rich conditions. Have you heard of the saying, "Another Man's Trash is Another Man's Treasure?" We'll literally, another man's trash such as food scraps, leaves and other recyclables decomposes into a valuable fertilizer that can enrich soil and plants. **"So YES, TRASH, becomes another man's Treasure?" CHEC will explain more about this brilliant community endeavor on April 2.**



RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386

**\*\* CONGRATULATIONS \*\***  
**TOWN OF CAPITOL HEIGHTS**



CW Caroline Brown

**April 3, 2022**  
**11:00 am-1:00 pm**  
**(off Chamber Ave. – lot between Faye & Davey Street)**

**DARREN LUCAS-WHITE**  
**MVP**



**TOWN OF CAPITOL HEIGHTS**  
**AKA "SUPERMAN"**

**DARREN LUCAS-WHITE**

**Congratulations to our Home Town Hero, Darren Lucas-White & his Mom, the Phenomenal Jackie Lucas!!!**

Darren was recognized in the Town of Capitol Heights in 2018 when he won the prestigious Youth Scholarship Award for his outstanding accomplishments. Nicknamed "**SUPERMAN**" by Councilwoman Caroline Brown because of his ability to fly through the air during local basketball games, Darren became a local celeb. Darren's Augusta University Basketball Team won their regular season conference and recently became **CHAMPIONS** by winning the Peach Belt Tournament. The Team moves on to the NCAA Tournament Conference Championship. Congratulations to Darren on all of your accomplishments and to Ms. Lucas, an extraordinary Mother and Leader. We in the Town of Capitol Heights, salute you both and Ms. Lucas especially during Women's History Month. Fans can sign Darren's photo on April 3, 2022, as a great surprise for this local champion.



**Education/TV Committee**

- **Did you know that the Town of Capitol Heights has a "new" TV Show?**
- **Yes, check out Verizon Channel 16 & 28. It should be up in the coming weeks. Keeping you abreast of what's happening in your Town.**



CW Caroline Brown

RSVP: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com) or 301-793-1386

## A SPECIAL “*THANK YOU*”

<u>Education/TV Committee</u> <u>(EDUC/TV)</u>  Councilwoman Caroline Brown, Chair   <u>Parks &amp; Recreational Committee</u> <u>(PARC)</u>  Councilwoman LaTonya Chew, Chair	<u>Community Health &amp; Environment</u> <u>Committee (CHEC)</u>  Councilwoman Elaine Williams, Chair   <u>Neighborhood Services &amp; Safety</u> <u>Committee (NSSC)</u>  Councilwoman Rhonda Akers, Chair	<u>“<i>THANK YOU</i>”</u>  <u>To all WOMEN on behalf</u> <u>of WOMENS HISTORY</u> <u>MONTH and Capitol</u> <u>Heights Athletics who</u> <u>continually make us</u> <u>proud!</u>
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## EDUCATION/TV COMMITTEE

A Special *THANK YOU* to the Education/TV Committee Members and Volunteers for all your hard work and continued participation. You are so appreciated!!!

### **WE THANK YOU!!!**

Adanysha, Akiya, Albert, Alijah, Alisya, Andrew, Angel, Anyika, Arlene, Arneitha, Artists, Ashep, Barbara, Bernadette, Bernice, Betty, Beverly, Bonnie, Brianna, Calvin, Carlos, Carol, Carolyn, Caroline, Cassie, Cheryl, Cheryll, Daphne, Cierra, Connie, Casey, Carolyn, Cathy, Chris, Daisey, Darren, Dave, Dee, Dee, DeMarco, Deborah, Deidra, Dejayda, Denise, Dennis, Desire, Domino, Edwin, Elaine M., Ella, Eriana, Eric, Ervin, Etta, Garrett J, Garrett, Giovanni, Gregory, Harris, Helen, Henry, Ida, Jackie, Janette C., Janette W., Janice, Jayla, Jessica, Jessica, Jessica, Jewel, Joseph, Joseph, Joyce, Elaine, Eraina, Jackie, Jackie, Jaila, Jayden, Jean, Kaila, Keith, Keleeba, Kyle, Linda, Lyles, Kaila, Kalaya, Karen, Keira, Kesiha, Keyonna, Kevin, Khetnu, Kiarra, Krystal, Kyle R., Lauren, Leslie, Madison, Margaret, Mario, Marion, Mark A., Mark A., Marlon, Mary, Michael J., Michael, Michael, Mike, Monica O., Mr. Johnson, Ms. Jackson, Nicholas, Neasy, Nyle, Owens, Pam, Phyllis, Quintin, Randolph, Re’Naijah, Re’Nyiah, Royal, Rydell, Sharon, Tameka, Tameyka, Teresa A., Theresa, Thony, Thurston, Tonji, Toyin, Verleen, Victor, Vincent, Wendy, Monica, Mario, Marlie, Portia, Sharron, Star, Stephen, Sydney, Taylor, Thomas, Thomas, Tim, Trey, Tyler, Ulysia, Val and the many Volunteers, Town Employees, Police Department, NSD Department, Actors, Models, Dressers, Teachers, and those that have come and gone, we appreciate your volunteerism tremendously!

## **RESIDENTS**

Also, Special thanks to the many residents that respond, volunteer and that have contributed to the Town's success through volunteering, coming to meetings, sharing a caring call with a Senior, Youth or another resident, or just simply enlightening another persons day by uplifting their spirits.

***THANK "U". You are much appreciated.***

Remember to send your input in to be included on the next Town Mural. Write a paragraph or two of the person (or yourself) you wish to submit, what they've done in the Town. Remember, contributing and volunteering goes a long way and include small things like sharing calls with Seniors, Youth or another residents, or just simply enlightening another persons day by uplifting their spirits. ***We appreciate any and all of your help. So, please share with us,*** a paragraph or two of who the person is and what they've done in the Town. Send it to [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com). We look forward to reading your summaries and the winner(s) will have the opportunity to appear on our local TV show. *Why? Because we care about you and appreciate you and our Town's Success.* Continue to help us make this Town, The BEST TOWN AROUND! Good Luck ☺

**NOTE: All Contest & other Entries are due by 8:00 am, Friday, April 1, 2022 (and NO, this is not a April 1, April fools joke ☺)☺)☺)**

**Send to: [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com).**

We look forward to reading your summaries and the winner(s) will have the opportunity to appear on our local TV show.

Also, if you would like to be apart of the EDUCATION/TV Committee, please don't hesitate to reach out to me: Councilwoman Caroline Brown, [cbrown@capitolheightsmd.com](mailto:cbrown@capitolheightsmd.com), 301-793-1386.

**Be Safe & Thanks for reading.**